



# The Examiner

Naval Hospital Twentynine Palms

*"Serving with Pride and Professionalism"*

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## Hospital Springs From A Dry Desert

By Dan Barber  
Public Affairs Officer

When most people, unfamiliar with the military, envision the Navy, they imagine big grey ships on the ocean... seldom do they conjure up visions of doctors, nurses and Hospital Corpsmen dressed in camouflaged uniforms running around in the desert.

Each summer at the Marine Corps Air Ground Combat Center (MCAGCC) in Twentynine Palms, CA that is just the scene as reserve Navy medical professionals leave their civilian jobs behind to train with the Marines in the heat of the Mojave Desert, and treat real patients in the shelter of a hospital tent.

Recently, Fleet Hospital 500CBTZ 21, Alpha Detachment, a complete operational hospital reserve unit, brought along with other members together at the Combat Center from New Mexico, Texas and Oklahoma to set up the tents and equipment in the field and provide medical services to Marine Reserves during their summer Combined Arms Exercises.

Though there is a modern state-of-the-art permanent Naval Hospital at the Combat Center, it can offer only limited support to the Fleet Hospital. "To maintain our own budget for supplies and materials for the patients we are mandated to serve, we can only offer very limited support to the Fleet Hospital," said Commander James Norton, Director for Administration at Naval Hospital Twentynine Palms. "In addition, the

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Enlisted and officer members of Fleet Hospital 21 work to construct the expeditionary Fleet Hospital as part of the Combined Arms Exercise (CAX 7/98) at Camp Wilson, MCAGCC, Twentynine Palms.

## Optometry Department Increases Readiness

The Single Vision Ophthalmic Spectacle Fabrication Unit is up and running at the Naval Hospital.

The unit is located within the Optometry Department and has the capability of producing most government issue spectacles in less than an hour. Bifocal and other specialty lenses will continue to be ordered through the Navy Ophthalmic Laboratory in Yorktown, Virginia.

What does this mean to Combat Center Marines and Sailors? Improved Readiness! More than 60 Marines and Sailors each month report to the Optometry Department in an "undeployable" status due to vision/eyeglass deficiencies. It usually takes from four to eight weeks to receive ordered spectacles.

The new unit will ensure that most of these undeployable personnel will be provided with a pair of spectacles within 1-2 days.

Routine spectacle orders will continue to be ordered from major ophthalmic laboratories. Also, in times of sudden operational deployment, spectacles will be made on a walk-in basis.

**Success Story**

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**Appt. No Show Effects Care**

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**Hard Chargers**

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*From the Desk of the XO...*

## Another Success Story

Twice in the past month the Naval Hospital has been extraordinarily well represented by members of the command. We all have a sense of how good the members of the command are, but it is very satisfying when others outside the command see the same things and are appropriately impressed.

On the 10th of June, Major General Richard relinquished command of the Marine Corps Air Ground Combat Center to Brigadier General Stanley. As part of the mass formation for the ceremony, General Richard asked that the Naval Hospital provide a platoon since we are part of the command. While it is not at all uncommon for Navy personnel to be part of the formation, they would usually be part of the companies and platoons representing the units they are assigned to, and they would typically be in the same uniforms as the Marines, making it impossible to distinguish them in the formation. However, for this ceremony, your shipmates were in summer whites with ceremonial leggings and belts and they wore sidearms. In the sea of Marines, they certainly stood out! They executed every marching and drilling move with perfection and attracted a great deal of attention. During the pass in review, they received an appreciative ovation from the many attendees,

both military and civilian. The group was prepared and led by LTJG Knapp, ENS Cherry, and HMC Anderson. In addition, Petty Officer Smotherman was a member of the color guard flag detail. He carried the lone Navy flag among all the Marine Corps ensigns. He was sharp and flawless. We were well represented!

Earlier this month, a team of Hospital Corpsmen from the command represented us at the Southern California HM/DT Olympics held at Camp Pendleton. The team practiced and drilled as a group to prepare for their demanding challenge in a number of events. Under the capable leadership of Chief Anderson, (the same Chief Anderson!) they prepared to travel to Camp Pendleton for the competition. They did not win the Olympics, but they demonstrated that they could work as a team, they could plan and prepare for the challenge, and they could focus their considerable talents and energies. They also had a great time in the process. We were well represented!

These may seem like less than monumental accomplishments, but I am confident that whenever these members of the command are called upon to rise to the challenge of a deployment or perform unanticipated mission support, they will rise to the challenge easily. They have shown they can



**Captain Joan M. Huber, NC, USN**

work together as a team, set priorities, focus energies and accomplish a goal. I am also sure that what we see in these two groups is representative of all the members of the command.

Yes, we certainly were well represented!

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**Commanding Officer**

CAPT. R. S. KAYLER, MSC, USN

**Executive Officer**

CAPT. J. M. HUBER, NC, USN

**Public Affairs Officer/Editor**

DAN BARBER

**Staff Writers**

HM3 DONNA TENNEY, USN

HM3 CHRISTINA HUNT, USN

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## New Lieutenants...



From left to right, LT Rachel Booker, Labor and Delivery; LT Dale Bordner, Main Operating Room; and LT Robyn Reed, Main Operating Room show off their new shoulder boards after their recent promotion ceremony.



# Daddy Carry Me

By Lieutenant Daniel Dudley, CHC, USNR  
Naval Hospital Chaplain

"The Lord your God, who goes before you, He will fight for you, according to all He Did for you in Egypt before your eyes, and in the wilderness where you saw how the Lord your God carried you, as a man carries his son, in all the way that you went until you came to this place," Deut 1:30-31.

A couple of months ago, my wife and I finally seized the opportunity to take the family to Joshua Tree National Park. Part one of our journey began with Dad (that would be me) driving aimlessly around the park trying to catch as many sights as the speed limit would allow one to visualize in a couple of hours. Part two of our journey became let the kids out of the car to vent their pent-up energy before they drive mom and dad nuts.

We found a sign that informed us that if we would turn right we would find our needed resting place. This space of solace also offered a two mile hike that would lead us to an old abandoned gold mine. The invitation was exactly what we needed so we turned in.

We decided that lunch would be the first order of business and then we would take on the challenge of making a two mile hike with our nine, seven and two year old children. Upon the completion of devouring all edible items in the picnic basket, we grabbed the backpack and the baby and began our hiking adventure. We started strong with our nine and seven year old way out in front, mom carrying the back pack and I had the baby. It wasn't long before our two year old decided that he wanted "down" to run like the wind, emulating his brother and sister. His request was granted and my load was temporarily lightened.

The trail followed a terrain that I would describe as a moderate incline with patches of rocks and ravines. It would be a trail that you would use low gear in most four wheel drive vehicles.

Our two year old's little legs were maintaining a slow steady pace at first, and then we came to the first patch of rocks in the

road. Our nine and seven year old children cleared the first challenge with minor slippage on the mixture of rocks and sand, but the terrain proved to be a bit defeating for our youngest. I knew it was time for dad to take action, so I picked him up and carried him though the rough terrain and gently set him down again when the hard part was over. Thus, setting the pace for the whole two mile hike. The older children did fine going, but on the way back became tired and cried "daddy carry me" until we reached the car. So, my wife and I juggled three kids and a back pack the last quarter mile of the hike.

Many of God's greatest revelations come from our own life experiences. Toward the end of our family "hump," about the time I started to wonder whose idea was this anyway, the Lord penetrated my heart with the questions "How many times have I picked you up and carried you when you came to a patch of rocks in the road?" "How many times have you cried "Daddy carry me," when you became tired and weak and I picked you up and carried you on my shoulders?"

God's truth sent warm waves of His soothing presence though out my being. I love it when that happens. Where ever we are at in our spiritual pilgrimage, babies, seven, nine, fourteen, or at spiritual maturity, God lets us go as far as we can on our own to build our endurance and then he picks us up and carries us the extra mile. When our little legs can't quite clear the rocks or we begin to slip, He is right there beside us. When we become tired and weary, He picks us up and lets us rest. Prayer is our means to cry out, "Daddy carry me."

God knows where we are at in our walk. He doesn't expect the baby to keep up with the nine year old. Whatever size our little spiritual legs are, He is proud to see us taking steps and building our endurance.

Just as God carried the Israelites though the wilderness years ago, He continues to carry his children today. This Father's Day, don't forget to give credit to your heavenly Father by saying thanks for the lift Dad, and thank you for always being there when I need you.



*Lieutenant Daniel Dudley*

## Hail and Farewell

### *Welcome Aboard*

LT J. Sperring  
LT F. Pearson  
LT L. Roberts  
LT J. Anderson  
MS3 M. Rossi  
HMC V. Bantiding  
HM1 D. Russell  
HA D. Banks

### *Farewell*

LCDR B. Montana  
LTJG D. McGowan  
LCDR M. Thomas  
LCDR K. Torres  
LT Mann  
HM2 S. Joyner  
HM3 E. Murphy  
HN E. Barragan  
HM3 D. Cooper  
MS1 G. Hudson  
MS1 C. Peppers

### *New Family Members*

#### *Welker Baby*

LCDR Kirk and Wendy Welker are proud to announce the birth of their son, Adam Kirk Welker, who was born May 29, 1998 at 10:12 a.m. At birth Adam weighed seven pounds, six ounces and measured 21 inches in length.

#### *Erickson Baby*

HM3 Kerry and HM3 Bryan Erickson are proud to announce the birth of their daughter, Daryn Elizabeth Erickson, who was born June 10, 1998 at 6:28 p.m. At birth Daryn weighed seven pounds, 1 ounce and measured 19 inches in length.

Congratulations!

# Appointment No-Shows Effects All Patient Care

The clinics at Naval Hospital Twentynine Palms have initiated a new policy regarding late arrivals for appointments.

Central Appointments at the hospital is asking everyone to arrive 15 minutes early. If patients arrive even a few minutes late, they will be asked to reschedule their appointment.

But you say, "I was only three minutes late!" Yes, and the hospital staff is not trying to be mean or arbitrary, but if your appointment is at 0900, then that is the time to see your provider. Steps need to be taken before you can see your doctor or nurse practitioner. Patients must check in with the desk clerk and have vital signs taken by a corps-

man. By the time all of this occurs, five to seven minutes of the patient's 15 minute appointment is already gone.

If even two or three patients are late each morning, the providers are now running 30 to 40 minutes behind schedule. Now the patient who arrived on time for his 1115 appointment is angry because he or she didn't get to see their provider until 30 to 40 minutes past the original appointment time... think how you'd feel if you were that patient.

There is a very simple fix for all this. If you can't keep your appointment, call Central Appointments at 830-2286 to cancel at least one hour before your scheduled appointment time, then someone else can be

scheduled into that time slot. If something unexpected has delayed you, again call Central Appointments. The hospital can often reschedule you for another appointment later in the day or the next day.

When you can't keep your appointment, it wastes money and time unnecessarily. The staff at Naval Hospital Twentynine Palms is working hard to provide the best possible care to the most Marines, family members and retirees it can in a timely manner.

If a patient experiences any problems in gaining access to care at this facility, they should contact the Patient Affairs Coordinator in the clinic they are having problems in. If the problem continues, contact the Patient Affairs Coordinator in the Patient Administration Department, which is located just inside the main entrance to the hospital. The phone number there is 830-2472.

Your help in keeping the hospital running smoothly and on time is appreciated.

## HOSPITAL...

*Continued from page 1*

reserves need to rely on themselves to maintain a real-time training scenario because if the balloon ever went up, we wouldn't be there to support them." he added. Patients who are beyond the capability of the Fleet Hospital to treat can be stabilized at the Fleet Hospital and then medivaced to Naval Hospital Twentynine Palms.

According to CDR Michael F. Shannon, NC, USNR, the Officer in Charge of the current Fleet Hospital unit, "We are an operational hospital, dedicated to provide outstanding medical support to all U.S. Marines and Naval forces, both in peace and war, in any operational theater." With the drawdown of active duty forces in the post-cold war era, reserve support has gained increased importance in the security of the nation. Reserve units can now expect to be called up at a moment's notice. Therefore, it is of utmost importance that they are ready. "To this extent, we pledge ourselves in maintaining maximum levels of readiness, as well as physical and mental preparedness, in order to provide this support at a moment's notice. Our collateral duty is to provide this same commitment to all fighting forces of the United States, its allies and to support our Commander-In-Chief in all missions other than war." said CDR Shannon.

Captain Ben Gaumer, Commanding Officer of Fleet Hospital 21, Dallas, Texas arrived to visit his fellow shipmates and encourage their efforts. During his visit, Captain Gaumer expressed a heart-warming

"Bravo Zulu."

The services provided at the Fleet Hospital MCAGCC, and staffed with more than 100 medical professionals, include an 18 bed ward, 18 bed Intensive Care Unit, a Surgical suite, Laboratory, Radiology and Pharmacy.



*MACS Griffin drives a tent stake into the sandy desert floor to hold fast the tents of the expeditionary Fleet Hospital at Camp Wilson, MCAGCC Twentynine Palms.*

# *Around Navy Medicine...*

## **Navy Standardizes Women's Health Examinations**

*By Earl W. Hicks*

*Bureau of Medicine and Surgery*

WASHINGTON--Women in today's Navy and Marine Corps have vital roles ashore and aboard ships at sea. The challenge to Navy Medicine is to respond to these expanded roles of women by addressing their health issues.

The latest effort toward that goal is described in Bureau of Medicine and Surgery (BUMED) Notice 6320 "Annual Health Maintenance Examination for Women." The notice, which can be found on the BUMED home page at address: <http://nmimc-web1.med.navy.mil/bumed/> under "BUMED instructions," is a standardized

guideline for women's minimum health examination procedures.

Previously, women's health examination requirements could be found in various memorandums and instructions. Not everyone knew how to find the information. Therefore, inconsistency in women's health care was always a possibility. Now, with everything in one place, it is easier for the health care provider to see what is expected during the yearly health maintenance examination.

According to LCDR Linnea Axman, BUMED assistant for women's health issues, "The new notice ensures the same prescribed standard of care to all Navy and Marine Corps active duty women. The notice will contribute to thorough yearly health examinations for women and ultimately contribute to their overall operational readiness."

The required annual health examination for active duty female Sailors and Marines includes the Papanicolaou (PAP) smear, pelvic exam, breast exam and blood pressure measurement.

The notice focuses on other women's health issues such as mammography, family planning and contraceptive counseling, and preventing sexually transmitted diseases. It also includes health promotion counseling such as diet, exercise and injury prevention.

"I don't believe anyone will argue that a healthy mind and body are not vital to successful mission accomplishment at sea or on shore," said Axman. "The thorough examination described in BUMED Notice 6320 will detect problems early, and the health promotion and disease prevention information will empower Navy and Marine Corps women to develop and maintain healthy lifestyles."

## **The Virtual Naval Hospital is Getting Bigger**

*From Bureau of Medicine and Surgery*

WASHINGTON--In today's world of super digital information resources, the Virtual Naval Hospital (VNH) provides megabytes of medical information. Its electronic corridors contain references that help health care providers. It also is a source of health

and wellness information for Sailors and Marines and their families.

VNH has evolved to include not only information on common every day health issues but selected high interest and high risk problems, such as women's health and mental health issues. Links to other medical homepages have also been added.

For those lacking Internet access, CD-ROM versions of the VNH web site will soon be available on a limited basis. The VNH also plans to obtain licenses for many more medical handbooks to add to both the web site and CD-ROM.

"This web site targets primary care providers such as GMOs (general medical officers) and IDCs (independent duty corpsmen) at the deckplates. Sailors and Marines at sea or on shore now have direct access to easy-to-understand medical information," said CDR Richard S. Bakalar, MC, medical sponsor for the VNH.

Since the VNH went online last year it has been expanding and is still under construction. According to Bakalar, Navy Medicine's digital health sciences library has grown in scope, quality and quantity.

Along with that growth, use of the web site has also increased. In March 1997 the size of the VNH was one megabyte and it was accessed 1,029 times on the Internet. As of April 1998, it is 30 megabytes and was accessed 74,000 times.

Although the web site targets Navy Medicine providers and customers, the user breakdown is 34 percent U.S. military, 58 percent U.S. civilian and eight percent outside of the United States.

The address for the VNH Homepage address is [<http://www.vnh.org>](http://www.vnh.org) [www.vnh.org](http://www.vnh.org). The Virtual Hospital Tour is located in the "Welcome" section.

## **DFA Makes Changes**

The Director For Administration has recently made some changes to the Directorate... the creation of a new department... Human Resources Department.

The Human Resources Department, headed up by LT Holdridge, recently assigned here, consists of Military Personnel, Civilian Personnel, Efficiency Review and Central Files.

Each division has a Division Officer. HMC Jackson is the Division Officer for Military Personnel. She has a team of four Sailors that work with her. Ms. Linda Jensen is the Civilian Personnel Liaison. Mr. Ron Young will be conducting all efficiency review studies for the hospital. Mr. Wayne Menard is the Division Officer for Central Files. His team consists of two civilians and one military employee.

Work will continue as before, however, a need to bring these functions together under one consolidated authority was identified and action was taken.

This move is intended to decrease duplication of efforts and create a better team to serve hospital staff. The department is always looking for ways to improve their customer service. Please feel free to stop by LT Holdridge's office, located opposite OMD, and pass on thoughts and ideas that you think will improve the way we do business.

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# Tis The Season To Be Careful of Heat

**T**is the season... the summer season that is... the season of heat hazards for military members involved in desert training... tis the season for people to avoid overdoing exercise or play in the Mojave... tis the season to be aware of the rules during Physical Training or Testing (PT).

Safety concerns with heat and PT are very real, especially in a desert environment. Dehydration is a constant threat when exercising in the heat. Since thirst occurs too late to be a good indicator of excessive water loss from the body, be sure to weigh yourself regularly during hot weather, especially if you're doing a lot of intense physical activity.

There is no specific temperature beyond which you should not exercise. People have become heat casualties even in subfreezing temperatures because they were overdressed. Any circumstances that cause your body's heat production to exceed its capability to cool off, and will often result in heat stress. In an effort to prevent serious illness, and permanent physical damage most military installations have installed a Wet Bulb Globe Temperature (WBGT) index. The WBGT index consists of a combination of readings from the thermometers, providing temperatures for dry, humid and radiant heat.

These three temperatures are combined in a standard formula providing a more accurate reading of heat stress intensity. The Quarterdeck of the hospital can provide information on the WBGT index.

To alert members of hazardous weather conditions, the following flags are flown to indicate readings and control physical activity:

**Green Flag** — Unrestricted physical activity may be carried out.

**Yellow Flag** — Physical activity should be limited to those people who have been exercising in similar heat for a minimum of 10 days or more.

**Red Flag** — Physical activity is advised only for members who have been working out in similar heat conditions for a period of 12 weeks or more.

**Black Flag** — Vigorous outdoor exercise, regardless of conditioning or heat acclimatization, is not advisable.

Members should be advised to note the

flag which is flown at the headquarters building before beginning outdoor workouts in the summer months. When exercising in the sun, try to wear light (color and weight) clothing. The lighter colors will reflect the sun's rays and the lighter weight will allow for more rapid evaporation. Try to exercise during the coolest parts of the day (early morning or late evening). Also reduce the intensity of your exercise to decrease the heat stress on your body and drink plenty of water.

Although you do not have a choice about the characteristics of work clothing or gear,

do not use a vapor barrier (rubber) suit as an aide for weight reduction while exercising. Exercising in a rubberized suit may result in severe dehydration and elevate your core body temperature. Wearing these suits also will not help you with your weight reduction program since the decrease in weight is due to a very temporary loss of fluid, not fat loss.

Yet another problem to look at is the consumption of cold medications, diet pills, decongestants, antihistamines or receiving immunizations. These types of medications

*See HEAT on next page*

## Black Flag is a Danger to Bugs and People

*By Dan Barber  
Public Affairs Officer*

**A**t the Marine Corps Air Ground Combat Center "Black Flag" is not the bug spray... but it can have the same results on people, as the bug spray has on insects, if ignored... it can cause permanent disability or even death.

Military installations around the world have installed the Wet Bulb Globe Temperature (WBGT) index to prevent heat casualties among troops during hot weather months. The WBGT consists of readings of temperatures for dry, humid and radiant heat. These readings are combined using a formula, which is thus used to alert members of hazardous hot weather conditions through the use of colored flags, and, according to Combat Center Order 6200.3B, control physical activity.

For Heat Condition IV, Black Flag, the Combat Center Order reads in part, "When the WBGT index is 90.0 degrees Fahrenheit or higher, ALL STRENUOUS nonessential outdoor physical activity will be halted for all units. Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden on personnel or resources, be excessively expensive, or significantly reduce a unit's combat readiness. Essential outdoor physical activity will be conducted at a level that is commensurate with personnel acclimatization as determined by the unit's Commanding

Officer in coordination with the unit's medical officer or medical personnel. All efforts should be made to reschedule these activities during cooler periods of the day."

The color of flags and their meanings are as follows:

**Green Flag, Heat Condition I** — Unrestricted physical activity may be carried out. (WBGT is less than 85)

**Yellow Flag, Heat Condition II** — Physical activity should be limited to those people who have been exercising in similar heat for a minimum of 10 days or more.

**Red Flag, Heat Condition III** — Physical activity is advised only for members who have been working out in similar heat conditions for a period of 12 weeks or more.

**Black Flag, Heat Condition IV** — Vigorous outdoor exercise, regardless of conditioning or heat acclimatization, is not advisable. (WBGT is greater than 90)

Members should be advised to note the color of the flag which is flown at the headquarters building before beginning outdoor workouts in the summer months.

Bugs don't know when they are in danger from the "Black Flag" insect spray... but people can comprehend the meaning of the Black Flag flying over the headquarters building... pay attention, manage your physical activity during hot weather and don't become a heat casualty.

# Naval Hospital Hard Chargers...



*LT Micki Baker gets new shoulder boards at her promotion ceremony.*



*LTJG Raymond Camp also gets new shoulder boards at his promotion ceremony.*

## HEAT...

*Continued from previous page*

compromise the body's ability to regulate heat. Members taking any of these types of medications should take extra precautions during the summer heat... Everyone should be aware of their environment... especially the unforgiving environment of the Desert.

### Fluid Replacement Guidelines

Some guidelines for fluid replacement include the following:

- Begin drinking fluids before participating in activity. There is no such thing as becoming water logged.

- Use water rather than drinks which contain sugar... sugar interferes with the absorption process, delaying uptake by as much as 20 minutes.

- Drink cool water if possible. Studies show that cool water is absorbed from the stomach faster than water of other temperatures.

- Drink water before you become thirsty. The body's thirst mechanism is about one quart behind the need.

- Do not use salt tablets. This can be dangerous because you have no method to determine how much salt has been lost. Salt makes up a very low percent of perspiration. Too much salt can create a problem.

- Check your weight immediately following exercise. If you are working very hard, you may lose up to two pounds or more. To replace this loss (which is mostly water), you should drink at least one quart of water for each two pounds of fluid loss. This replacement of lost water is very important for continued efficient exercise.

### Symptoms and First Aid for

#### Heat-related injuries

In the unforgiving desert, it is important

to perform physical activities with a friend or in a group. This enables everyone to watch out for each other. In a training situation on the Combat Center everyone should watch out for their fellow Marine or Sailor for indications of heat stress. Don't let your friends take unnecessary risks.

Heat-related injuries fall into three major categories:

- Heat cramps
- Heat exhaustion
- Heatstroke

Heat cramps are muscular pains and spasms that occur when the body loses electrolytes during profuse sweating or when inadequate electrolytes are taken into the body. They usually begin in the arms, legs or abdomen, and often precede heat exhaustion. Treatment for heat cramps is to rest in the shade, get near a fan, spray the person with water and massage the cramp.

Heat exhaustion is a medical emergency. When a person is suffering from heat exhaustion, they will perspire profusely and most likely will be pale. It is best treated by taking the patient to a cool place, applying cool compresses, elevating the feet and giving the patient fluids.

Heat stroke is the worst heat-related injury. The brain has lost its ability to regulate body temperature. The patient will be hot and dry, reddish and warm to the touch. Their temperature will be markedly high and there will be no perspiration. This is a medical emergency, take appropriate steps to get quick medical care to the patient. The emergency care of heatstroke is to cool the body as quickly as possible. One of the best methods for cooling the body during a heat emergency is to wrap the patient in cool, wet sheets.



*LT Janet Davis receives a Letter of Appreciation from CAPT R.S. Kayler, Commanding Officer, Naval Hospital.*



*LCDR Michael Thomas of the Pathology Laboratory receives a plaque from CAPT Kayler upon his departure from the Naval Hospital.*



*LT Merced Hernandez of the Emergency Medicine Department receives the coveted Desert Rat Certificate upon her transfer from Twentynine Palms.*



*HM2 Jay Crapes takes the oath of enlistment at a recent ceremony administered by the hospital's Commanding Officer.*

# More Hard Chargers...



*CAPT Jean Brakebill, left, receives her new Captain's shoulder boards from her husband and mother.*



*Ann Denslow, right, receives recognition as Civilian Material Manager of the Year, 1997.*

*LT Troy King, right, receives a Navy and Marine Corps Achievement Medal.*



*HMI Hans Maloney, left, receives a Letter of Commendation for being selected as Naval Medical Logistics Equipment Repair Technician of the Year.*

*HM3 Dawn Wilson, right, receives a CG's Certificate of Commendation for being selected as the MCACGG Junior Sailor of the Quarter.*



COMMANDING OFFICER  
NAVAL HOSPITAL PUBLIC AFFAIRS OFFICE  
MARINE CORPS AIR GROUND COMBAT CENTER  
BOX 788250  
TWENTYNINE PALMS CA 92278-8250

BULK RATE  
POSTAGE & FEES PAID  
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PERMIT NO. 8